

ADDING WELLNESS TO THE WORKPLACE

TOBY WELLS YMCA

ADDING VALUE FOR FACULTY & STAFF

Our exclusive membership for National University faculty and staff provides full access to health and wellness resources at the Y.

**NO
JOINERS
FEE**

Partnership also
includes an exclusive
50% discount on
membership fees



FOR YOUR ORGANIZATION

Enhance your workplace by offering health and wellness benefits through the Y, where children learn what they can achieve, families spend quality time together and we all build relationships that deepen our sense of belonging.

Note: National University ID required at time of enrollment. An exclusive arrangement only for National University. Membership enrollment only valid at the Toby Wells YMCA, 5105 Overland Ave., SD 92123. No online registration available. Cannot be combined with any other offer or discount.

MEMBER BENEFITS

ALL-ACCESS MEMBERSHIP to 15 YMCA locations in San Diego County.

UNLIMITED GROUP EXERCISE CLASSES with 100+ options each week.

FITNESS ONBOARDING offers a complimentary session with a fitness coach, providing personalized guidance to confidently kickstart your fitness journey

CHILD WATCH SERVICES available.

PROGRAMMING TO ADDRESS CHRONIC CONDITIONS including diabetes prevention, fall prevention, cancer survivorship, blood-pressure monitoring and more.

ACCESS TO SUPPORT SERVICES including child care, mental health support and behavior consultations for children

MEMBER PRICING on programs including child care, swim lessons, gymnastics, sports, camp, personal training and more.

